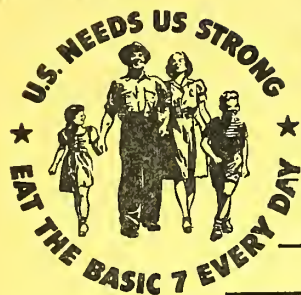


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NUTRITION

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WAR FOOD ADMINISTRATION

News Letter

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HOME FOOD PRESERVATION A "MUST" IN 1945

"Home canning accounts for such a large share of civilian canned goods that there must be no let-up until an adequate supply is absolutely certain. Home canning is one of the Nation's most important war-time programs on the home front in 1945." This statement is being released by the War Food Administration as we go to press. Reason is that heavy military requirements, coupled with strong civilian demand arising from large wartime incomes, leaves a smaller supply of canned fruits and vegetables for civilians than at any time during the war. In the current pack year, civilian supplies of canned fruit are only about half of pre-war (the 1941 pack year), with canned vegetables down more than one-third.

In planning educational programs, nutrition committees may wish to feature these four important points:

1. Home canning is essential in 1945 to make sure that each family will have the necessary supply of fruits and vegetables.
2. It is an economy—the saving of precious food.
3. It helps achieve better meals the year 'round.
4. For families who can produce some of their own food, the starting point in working out the food-preservation budget is the planning of the Victory garden. As a better-rounded food supply is the aim of both these programs, the importance of a carefully-worked-out garden plan and preservation budget can scarcely be overemphasized.

NUTRITION ITEMS

Timely at this season of the year are findings of the Arizona Experiment Station to the effect that we throw away considerable of the nutritive value of oranges when we use only the juice. This wasteful practice discards edible orange flesh and decreases materially the amount of ascorbic acid (vitamin C) for which citrus fruits are particularly valued in

the diet. Slicing gives better ascorbic acid value than juicing, and unstrained juice provides more of the vitamin than strained juice. The strained juice contains from one-half to three-fourths of the amount of ascorbic acid contained in the orange segments. Similar losses occur in juicing grapefruit. The Arizona tests also show that orange juice retains quite well what vitamin C content it has; when held in the refrigerator for 24 hours the average loss is only about 5 percent.

Investigations at the Idaho Experiment Station indicate that almost half of the riboflavin (vitamin G or B₂) content of milk can be lost in 2 hours when a clear-glass bottle containing it is left exposed to sunlight, even on a fairly cold day. Another study carried on at the North Carolina Experiment Station bears out these findings, and reveals other facts: No loss of riboflavin occurred when milk was stored in the dark at room temperature for 24 hours, nor did any loss occur when it was stored in a refrigerator for 7 days. A practical application of these findings is the covered milk box on the doorstep to receive delivered milk and protect it from the loss of riboflavin, which occurs so rapidly in sunlight.

Julian M. Ruffin, M. D., Duke University School of Medicine, calls attention to the use and abuse of vitamins in the treatment of mild or early deficiency states (Nutrition Reviews, December 1944). He says: "No one could possibly question the use of vitamins in the treatment of frank vitamin deficiencies, or even in suspected deficiency states. Yet, one often wonders if the widespread use of vitamins in apparently healthy people, as practiced in the country today, is justified." He discusses briefly the spectacular recoveries in patients having a full-blown nutritional deficiency that are effected by vitamin therapy. He mentions also the less dramatic but equally gratifying response of the early or mildly deficient patient

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to treatment with specific vitamins. He then points out the result of advertising which brought the vitamin bill in this country last year to over \$200,000,000, which he termed a great economic waste. Dr. Ruffin points out that an adequate diet is the most satisfactory means of providing a full vitamin intake.

Therefore, when vitamin therapy is indicated in patients having objective evidence of a deficiency, it should supplement and not replace dietary treatment. "The importance of vitamins in the maintenance of health and strength must be emphasized. . . . However, in the absence of organic disease, the individual who consumes a diet adequate in calories and consisting of fruits, milk, eggs, a variety of meats, and green vegetables does not need additional vitamins."

NOTES FROM THE FIELD

GEORGIA—An ingenious use of the National Wartime Food Guide has been reported by the Apling County Nutrition Committee. School authorities were glad to cooperate in pasting or stapling the leaflet into health text books in the appropriate chapter. When this chapter is studied, correct food habits will be taught to all school children.

Through eight division meetings held during November, the Georgia State Nutrition Committee reached 297 individuals, representing 74 counties. Twenty-five of the 33 district organization chairmen attended one or another of the meetings.

WASHINGTON—In line with their plan for nutrition committees to give emphasis to nutrition through enlisting the help of a different group each month, the Washington State Nutrition Committee designated December as the month in which to tell farmers how good nutrition can help them and their families. The Extension nutritionist wrote letters to all county agents with suggestions as to how they might assist the local nutrition committees with this part of the program. Some of the agents contacted the Granges and offered to speak at one of their December meetings or to secure some speaker qualified to compare human nutrition with livestock nutrition, and to relate nutrition education to farm situations. In October the American Legion was asked to cooperate with a nutrition program, and in November church groups were asked to put special emphasis on nutrition.

One morning each week several members of the Yakima County Nutrition Council have been instructing relief patients in how to get the special diets ordered by their doctors. At the request of the Welfare Service, this aid is being given on diabetic, high-caloric, and cardiac diets, as well as special diets for malnourished children. Members have carried on this work in the Welfare Office and also at the County Hospital.

COLORADO—The State Nutrition Council is recommending that all county nutrition councils obtain the cooperation of school superintendents in making surveys of the nutrition habits of eighth-grade pupils in each county. The nutrition council can then use the summarized data as a background for telling the public the nutrition situation in their county, and as a guide for developing a program based upon the needs. Fourteen counties have reported that they are conducting the study.

MAINE—A folder called "Signposts on the Road to Good Nutrition" was prepared and published by the Maine State Nutrition Committee in cooperation with the Agricultural Extension Service. The Maine Congress of Parents and Teachers, Inc., sponsored the leaflet, which was planned for use at meetings of local P. T. A. groups. The Committee suggests that home economics teachers, home demonstration agents, or informed laymen might help promote nutrition by assisting with programs where this publication is used.

The Nutrition Committee has also complied with requests from physicians in charge of the Portland blood bank by preparing and publishing a leaflet entitled "Foods for the Blood Donor." Findings of the Maine Agricultural Experiment Station have made it possible to correlate the suggestions with the food habits and food supplies of the State.

The Committee has been putting special emphasis on assisting groups in organizing new school-lunch programs. The next step will be to help sponsors evaluate existing programs.

TENNESSEE—At the nutrition clinic sponsored by the West Tennessee District Nutrition Committee in December, the need for a widespread program of nutrition education by all agencies was explained. Factors that complicate the nutrition problem (such as depletion of the soil in which the food is grown, increased consumption per capita of refined foods, and the increasing number of sedentary people) were brought to the attention of

the representatives of the agencies that make up the 21 county nutrition committees of western Tennessee. The afternoon discussions centered around the tabulated findings from studies of 204 school children of the Jennie Bell School, Dyer County. The studies of these children include dietary records, laboratory analyses to determine vitamin A, vitamin C, and hemoglobin content of the blood, and also physical examinations.

ILLINOIS—In September, suggestions for including nutrition education in the school program were presented at the Teachers' Institute of De Kalb County. Through the keen interest of the county superintendent of schools and of the county nurse, a schedule of 16 follow-up meetings was arranged for rural teachers and for mothers of school children. Results of the physical examinations given in De Kalb County seem to be giving impetus to this program.

The Vermilion County Nutrition Committee arranged to have six nutrition lectures with a food demonstration tied in with the lecture. A radio hook-up was arranged so that 30 minutes of the program could be broadcast. A grocers' association provided food for the demonstrations, and baskets of the seven basic foods for which there was a drawing.

WYOMING—The December Newsletter from the Wyoming State Nutrition Committee points out the need for post-war planning for nutrition in the State. A constitution or some definite policies for the local committee are suggested, also some long-time goals with a nutrition committee member on the post-war planning committee. Wyoming nutrition committees are especially asked to support a bill which provides for a State school-lunch supervisor who would be a consultant on all phases of the school-lunch program. They are also asked to support State legislation for enrichment. Attached to the Newsletter are summaries of the two bills and suggested procedures for local committee action.

In December the Wyoming State Nutrition Committee issued another newsletter entitled "Extra! Read About School Lunches" which reported interesting school-lunch activities in a number of counties. Other "extra" editions of the newsletter will be devoted to school-lunch news as other sections of the State are visited.

TEXAS—The five regional nutrition conferences recently held by the State Nutrition Council were attended by 669 persons representing 154 counties in

Texas. This series of meetings reached more local committees than had ever been reached before. The largest number to attend a meeting of the State Nutrition Council has been about 150, which indicates that area meetings are much more effective.

PENNSYLVANIA—The Butler County Nutrition Chairman is also chairman of a Curbstone Canteen which serves food free to servicemen and women at the local bus terminal on Sundays. About 11,500 service people have been served home-made sandwiches and cookies, fruits, and milk in 7 months. The canteen, open from 11:30 a. m. each Sunday to 2 a. m. Monday, is operated by four shifts of volunteer workers, including some men. The fact that 17 groups are now cooperating in this project explains the county-wide interest it has stimulated.

LOUISIANA—At a meeting of the Ascension Parish Nutrition Committee in October, 150 community leaders discussed the results of the program and made future plans. Those who attended were served a supper with a menu typical of the ones served daily to the children at St. Amant School. The meal, prepared by the school lunchroom managers, included foods canned in the school canning center. Afterward everyone was invited to view exhibits of the students' work in correlating nutrition information with their other activities, such as spelling, composition, arithmetic, social behavior, health, and school lunch.

At a meeting of the St. Tammany Parish Nutrition Committee, the high light was a playlet with seven girls representing the seven food groups.

Lafayette Parish Nutrition Committee published 18 news articles during September. The committee was offered the services of 67 organizations; 9 organizations requested speakers. The outstanding result of this was the increased interest shown by men, many of whom requested additional information on nutrition.

OREGON—A "preview" of a film at a meeting of a county nutrition committee has been found to be a good way to increase the use of films. Members of nutrition committees are often persons who help plan programs for various organizations, and they can judge for themselves the value of a nutrition film for a certain group.

At the Benton-Linn County Teachers' Institute, teachers who stopped to look at the nutrition exhibit were told how they could duplicate it in the classroom

and the teaching value it would have. It was suggested that the teacher could tell the children of the importance of the foods represented as the children were making the cut-outs for the exhibit.

CHICAGO—Two new subcommittees have been appointed by Chicago Nutrition Committee to plan a survey of agency nutrition programs in Chicago and Cook County. One committee will prepare a questionnaire; the other will list the agencies to be surveyed.

The Chicago Nutrition Committee has also sent a questionnaire on school-lunch programs to 460 public, Lutheran, and Catholic schools in Cook County outside of Chicago. At the request of the chairman of the Lutheran School Board, a visit was made to a Lutheran high school to discuss school-lunch problems with the lunchroom manager, and questionnaires were sent to Lutheran schools in Chicago.

CALIFORNIA—The Southern California State Nutrition Committee calls attention to an interesting 2-day diet study directed by the nutritionist of the Pasadena City Health Department. Poor diets among high-school students of all economic groups have been reported to parent-teacher associations and doctors, many of whom are for the first time conscious of the poor food habits of school children and the effect upon future community health.

The Long Beach City Food and Nutrition Committee has interested the city's school authorities in a nutrition education program. Bulletins with suggestions on how to use the National Wartime Food Guide in classes have been distributed to elementary schools and homemaking and physical education classes in high schools. There are now about 16,000 food guides in use in the schools.

OHIO—The State Nutrition Committee has asked the Mahoning County Nutrition Committee to serve again this year as a "demonstration" county. During the past year, the Mahoning County group showed that war food demonstrations could be successfully used to teach people how to meet their war food problems. At the request of some of the rural counties, a demonstration rural county has also been designated. The Pike County Nutrition Committee has accepted the responsibility of serving as a "demonstration" rural

county to show what a nutrition committee can accomplish in rural areas through the use of neighborhood leaders.

NEW MEXICO—As a follow-up of the five nutrition clinic demonstrations sponsored by the State Nutrition Committee, the nutrition committee at Mora cooperated with the health department in conducting a local clinic. Cases of malnutrition and of good nutrition were demonstrated, and nutritional deficiency diseases were discussed. The majority of those attending were teachers, who received samples of available materials on nutrition.

NORTH DAKOTA—The district nutrition meetings held in North Dakota, the first of this kind sponsored by the State Nutrition Committee, proved helpful in showing the importance of county nutrition programs. The Committee hopes to hold more meetings of this type in the future.

The State Committee prepared a mimeographed list of suggestions on nutrition education in the elementary schools for the use of local committees. A 6-page mimeographed explanation of school-lunch programs was also prepared and sent to local committees.

MATERIALS (Samples Not Enclosed)

"Serving Many" (Food news for food managers in industrial plants, restaurants, hotels, and hospitals) and "Industrial Nutrition Service" (For employee publications and individuals and groups promoting nutrition education)—two processed 4-page releases, issued monthly by the War Food Administration. Committees interested in receiving sample copies or being placed on the regular mailing list should write to one of the regional offices of the War Food Administration.

Sincerely yours,

M L Wilson

M. L. Wilson, Chief,
Nutrition Programs Branch.

W H Sebrell

W. H. Sebrell, Associate Chief,
Nutrition Programs Branch.